



Community Outreach — Oakland Veterans

Notecards for Nancy

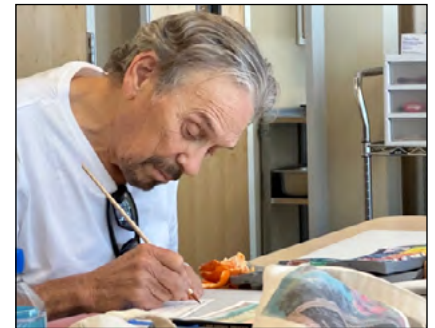
The Oakland veterans have been a group for more than 30 years. They began meeting together under the direction of Nancy Redden an art therapist. CWA picked up the group more than 10 years ago when Nancy saw us working at the Martinez Veterans Hospital. It's been a very happy collaboration. Nancy retired 10 years ago from officially being the art therapist but kept this group going.

Nancy recently underwent a major and invasive operation. As our group project, we all made get-well cards for her. We felt cheerful when the doctors reported that the operation went better than expected. Although Nancy was still in the ICU, they anticipate a good recovery. We receive updates on her progress from her sister in Oregon.

It was a pleasure creating a card for Nancy and thinking of her recovery. Each of us painted what we wished and hoped would cheer her on. We know our intention. These cards are what we painted.

Sheila Cain

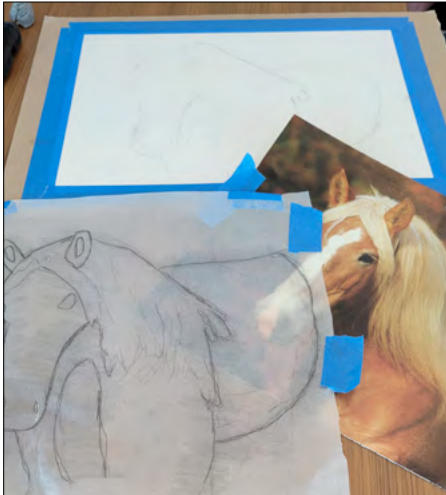
Co-Director, Community Outreach





Community Outreach — Martinez VA

Martinez Veterans Paint



We've established a consistent group of artists making it possible to build on previous painting lessons. The ability to choose activities feels a bit like a one-room schoolhouse at times.

We continued with tracing animals. The characteristics of the animal are revealed enabling the artist to have success. Horses are a great example of a difficult animal for most to draw freehand.

Our resident artist, who had a career as a graphic artist, gave us great tips on creating your own tracing paper.

One of our artists, who is in their 90s, prefers to create their version of actual watercolors and does quite well.

We are all learning from each other.

Dale Rutz & Maggie Metcalf
Community Outreach

Volunteers Welcome!

Interested in joining us?

Call Maggie at
(925) 899-9185
to get involved!

